



Office Ergonomics

Arrange your workstation to fit you so that your body can maintain a relaxed, neutral posture as much as possible. Adjust your chair so that your feet can rest flat on the floor and adjust your computer monitor so that you can look directly at it without tilting your head up or down. When on the keyboard, your wrists should be straight. Vary your tasks during the day and take mini-breaks to rest eyes and muscles. Get up every 3 hours to walk around and stretch.



For more information contact your Center Safety Representative.